

Five Spring Cleaning Safety Tips for Older Adults

Spring is the season for renewal, so get caught up in Spring fever and throw out the junk and reorganize your space. To read Spring cleaning tips, please

visit: www.umh.org/assisted-independent-living-blog/bid/289629/5-spring-cleaning-safety-tips-for-senior-citizens



*Eastern Idaho Public Health offers pouches to help you dispose of old prescriptions. These free, easy to use Detera pouches, make it safe to dispose of your drugs in your regular household trash when used properly. Find more information [here](#) or contact Mallory Johnson at mjohnson@eiph.idaho.gov or call her at 208-533-3221.

EIPH promotes drug takeback events in October and April of each year. Drug lockboxes are available and free for community members at our local offices.